

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Sim Day
February 5th-9th	Review Chapter 6 Leg Locks BBS1: Lessons 42-49	
February 12 th -16th	Review Chapter 6 Leg Locks BBS2: Lessons 41-48 Saturday Regis Lebre Seminar 11-2 No Classes	
February 19 th -23rd	7.1 Standing Front Attack Defenses BBS1: Lessons 50, 51	Monday
February 26 th - March 1st	7.1 Standing Front Attack Defenses BBS2: Lessons 49,50, 51	Monday
March 4 th -8th	7.2 Standing Rear Attack Defenses BBS1: Lessons 52, 53	Tuesday
March 11 th -15th	7.2 Standing Rear Attack Defenses BBS2: Lessons 52, 53	Tuesday
March 18 th -22nd	7.3 Standing Weapon Defenses BBS1: Lessons 54, 55, 56	Tuesday
March 25 th -29th	7.3 Standing Weapon Defenses BBS2: Lessons 54, 55, 56	Tuesday
April 1 st -5th	7.4 Clinch & Takedowns BBS1: Lessons 57, 58,59, 60	Thursday
April 8 th -12th	7.4 Clinch & Takedowns BBS2: Lessons 57, 58, 59, 60	Thursday

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:00 MC Technique (Gi)		12:00-1:00 MC Technique (Gi)		12:00-1:00 MC Technique (Gi)	
					1:00p-2:00p MC Technique (Gi)
7:00p – 8:00p MC Technique (No-Gi)	7:00p – 8:00p MC Technique (Gi)		7:00p-8:00p MC Technique (Gi)		
8:00p-8:30p MC Sparring (Gi)	8:00p-8:30p MC Sparring (Gi)		8:00p-8:30p MC Sparring (Gi)		

*Class schedule subject to change based on holidays and special events.

- **Training Uniform:** Only white Gracie University gis permitted. For no-gi classes, Please wear only Gracie University dry fit t-shirt or rashguards and fight shorts, or white gi pants. Please wear your jiu-jitsu belt in no-gi classes.
- **Street Sparring:** All students must have open-finger Gracie Sparring Gloves (5.5oz), and a mouth guard to participate in Street Sparring sessions. Remember, the designated Street Sparring day will alternate every two calendar months.
- **Fight Simulation:** Fight Simulation Class is the most important class for promotion consideration. All participants must have 5.5oz. sparring gloves, 18oz. fight simulation gloves, and a mouth guard to participate. Fight Simulation will change day of the week each month to provide all students this important training. Safety and collaboration is the top priority in this class.
- **Master Cycle Stripe Promotions:** Master Cycle stripe promotion consideration is based on at least eight months of regular attendance and a minimum of 100 classes (including 10 RD classes and 10 FS classes). Please keep in mind that these are minimum attendance requirements and do not guarantee promotion.